

Chaplin's Subaru and the City of Bellevue presents the
Lake to Lake Bike Ride
June 15, 2013 (Father's day weekend)

Bring dad on this father's day weekend as well as the whole family for an enjoyable, non-competitive ride, as you explore the hidden treasures of Bellevue while emphasizing bicyclist awareness and rules of the road/trail. Rain or shine.

Benefitting the City of Bellevue Youth camp scholarship fund.

Start/Finish: Lake Hills Community Park, 1200-164th Avenue SE
(164th Avenue SE & SE 16th Street)

Day of event registration:

Opens at 8 a.m.; Start area open 9-10 a.m.

All participants must sign in/register and will be provided with a suggested route map. The course will be marked and well-supported by staff and volunteers.

Registration and Entry fees: \$12 pre-registration, \$17 day of event

Refreshments: Pre and Post event beverages and snacks.
Aid station on longer "Lake" Loop.

Routes: Greenbelt Loop—mostly flat 8-mile route; Lake Loop--more challenging 22-mile route with significant elevation gain. The routes are approximately 80% on-road and 20% off-road gravel.

Equipment: A portion of the course is on unpaved surfaces, it is recommended to use a bike that can handle some dirt and gravel. . The event will have a bike mechanic from Gregg's on site at the start to assist with safety checks and minor repairs. All riders must wear helmets.

Prizes/Schwag: Post event prize give-away. All participants will receive a custom designed bicycle hat and various freebies at the post event prize give-away. Custom event socks to the first 150 people to register.

Event Sponsors: Chaplin's Subaru, Escape Outdoors, Skout nutrition, John Duggan Cycling Attorney, Honest Tea, Whole Foods, Sports Authority Gregg's Cycles, Starbucks, Half Pops, Crunch Fitness, Pace Sportswear, KAVU sportswear, SOS socks , Jamba Juice, Top Pot Doughnuts, Starbucks Gregg's Cycles

Event Partner: Cycle the Wave

Requirements: All participants must obey the rules of the road and trail. Recommended for ages 8 and up. (Greenbelt loop). All riders under age 18 must be accompanied by a responsible adult on all rides.

For more information: 425-452-4882, bikeride@bellvuewa.gov

To register: www.MyParksandRecreation.com course #75029.

